

Supplies for the Safe Swallowing Educational Training

Cups/spoons/plates

Dysphagia Diet Cards

Thickit and Water

Various foods:

Level 1 - pureed – smooth (no lumps)

Pudding like ~ not jello like

Level 2 – mechanically altered –

**Moist, soft textures~ ground,
minced, or mashed**

Level 3 – mechanically soft – soft solid

**Easy to cut up but not hard,
crunchy or dry.**